

# Swim Lessons...

## Progressive Swim Lesson Levels

Progressive lessons are for children 5 years old & up. Children must pass current level to move on to the next level based on skills below.

### **Minnows:**

Pool rules, Warm-up swims, 5 bobs,  
Jump into the shallow end and swim to the side safely, Jump in with help from teacher,  
Swim ½ lap of the pool,  
Swim with a bubble/barbell & noodle,  
Kick with pointed feet.

### **Tigerfish:**

Jump in the deep end, Swim 1 lap of the pool,  
Swim 1 lap with a bubble/barbell & noodle,  
Front float & Back float, 10 bobs.

### **Stingrays:**

Sit-dive, Swim 2 laps of the pool,  
Basic reaching assist, 15 bobs,  
Kick on back with pointed feet.

### **Marlins:**

Kneeling dive, Tread water for 1 minute,  
Survival float for 1 minute,  
Kick (1) lap streamline position with straight legs on back & on front,  
One lap rhythmic breathing with a barbell with proper arms, Roll back to front & front to back,  
Coordinate arms and legs to do the backstroke,  
Have the strength to swim backstroke.

### **Barracudas:**

Standing dive, surface dive, tread water for 2 minutes, survival float for 2 minutes,  
backstroke/crawl stroke/ sidestroke/  
breaststroke & butterfly two laps of the pool each.

### **Dragonfish:**

Standing shallow dive, tread water for 3 minutes, survival float for 3 minutes, perform basic rescue tube skills, swim crawl/backstroke/ breaststroke and butterfly for two laps,  
Coordinated the breaststroke and the butterfly.

## SWIM LESSON SESSIONS

Swim Lessons are offered Monday through Friday for two week sessions. You may sign up for as many sessions as you would like; however, if you sign up in an incorrect level and need to be transferred, the 10% service charge will apply. Transfers can only be made if spaces are available in the level you need to transfer to.

### Session Dates

Session One: June 28 - July 9 *no 7/5*

Session Two: July 12 - July 23

Session Three: July 26 - August 6

### Swim Lesson Fees

Resident: \$30.00 per session

Non-Resident: \$37.50 per session



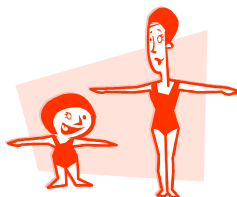
## Pre-Registration Testing Night

If you are interested in registering your child for progressive swim lessons this summer and don't know what level you should sign them up for, join us on

**Thursday, May 27th from 5:00 - 8:00 PM at the JFK Middle School Pool.**

At this time your child will be swim tested by our Red Cross Certified Lifeguards and told what level you should sign your child up for.

Please Note: If you are interested in Adult Swim Lessons or Guardstart please contact the Recreation Office.



## Preschool Swim Levels

Preschool Swim classes are for children 6 months to 4 years old.  
Please note the age restrictions for each level.

**Waterbabies:** **This is a parent/child class.** For children ages **6 months to 3 years old.** Students will become comfortable in the water using toys and songs.

**Guppies:** For children ages **3 to 4 years old.** Students will learn pool rules, water safety, water adjustment and basic swim strokes.

Level	Session	Pool	Time	Activity #
Waterbabies	1	JFK	8:50-9:20am	3601.0629.301
	2	JFK	8:50-9:20am	3601.0629.302
	3	JFK	8:50-9:20am	3601.0629.303
Guppies	1	ALAC	10:40-11:10am	3602.0629.301
	1	ALAC	5:15-5:45pm	3602.0629.302
	1	JFK	9:25-9:55am	3602.0629.303
	1	JFK	12:00-12:30pm	3602.0629.304
	2	ALAC	10:40-11:10am	3602.0629.305
	2	ALAC	5:15-5:45pm	3602.0629.306
	2	JFK	9:25-9:55am	3602.0629.307
	3	ALAC	10:40-11:10am	3602.0629.308
	3	ALAC	5:15-5:45pm	3602.0629.309
	3	JFK	9:25-9:55am	3602.0629.310
	1	ALAC	5:50-6:25pm	3602.0629.311
	2	ALAC	5:50-6:25pm	3602.0629.312
	2	JFK	12:00-12:35pm	3602.0629.313
	3	ALAC	5:50-6:25pm	3602.0629.314
	3	JFK	12:00-12:35pm	3602.0629.315
Minnows	1	ALAC	9:20-9:55am	3603.0629.301
	1	ALAC	10:00-10:35am	3603.0629.302
	1	ALAC	11:15-11:50am	3603.0629.303
	1	ALAC	11:15-11:50am	3603.0629.304
	1	ALAC	6:30-7:05pm	3603.0629.305
	1	JFK	10:00-10:35am	3603.0629.306
	1	JFK	11:20-11:55am	3603.0629.307
	2	ALAC	9:20-9:55am	3603.0629.308
	2	ALAC	10:00-10:35am	3603.0629.309
	2	ALAC	11:15-11:50am	3603.0629.310
	2	ALAC	11:15-11:50am	3603.0629.311
	2	ALAC	6:30-7:05pm	3603.0629.312
	2	JFK	10:00-10:35am	3603.0629.313
	2	JFK	11:20-11:55am	3603.0629.314
	3	ALAC	9:20-9:55am	3603.0629.315
	3	ALAC	10:00-10:35am	3603.0629.316
	3	ALAC	11:15-11:50am	3603.0629.317
	3	ALAC	11:15-11:50am	3603.0629.318
	3	ALAC	6:30-7:05pm	3603.0629.319
	3	JFK	10:00-10:35am	3603.0629.320
	3	JFK	11:20-11:55am	3603.0629.321
Tigerfish	1	ALAC	9:20-9:55am	3603.0629.322
	1	ALAC	10:00-10:35am	3603.0629.323
	1	ALAC	11:15-11:50am	3603.0629.324
	1	ALAC	6:30-7:05pm	3603.0629.325
	1	JFK	10:00-10:35am	3603.0629.326
	1	JFK	11:20-11:55am	3603.0629.327
	2	ALAC	9:20-9:55am	3603.0629.328
	2	ALAC	10:00-10:35am	3603.0629.329
	2	ALAC	11:15-11:50am	3603.0629.330
	2	ALAC	6:30-7:05pm	3603.0629.331
	2	JFK	10:00-10:35am	3603.0629.332
	2	JFK	11:20-11:55am	3603.0629.333
	3	ALAC	9:20-9:55am	3603.0629.334
	3	ALAC	10:00-10:35am	3603.0629.335
	3	ALAC	11:15-11:50am	3603.0629.336
	3	ALAC	6:30-7:05pm	3603.0629.337
	3	JFK	10:00-10:35am	3603.0629.338
	3	JFK	11:20-11:55am	3603.0629.339

# ...Swim Lessons

Level	Session	Pool	Time	Activity Number
Stingrays	1	ALAC	10:00-10:35 am	3603.0629.340
	1	ALAC	6:30-7:05pm	3603.0629.341
	1	JFK	10:00-10:35am	3603.0629.342
	1	JFK	11:20-11:55am	3603.0629.343
	2	ALAC	10:00-10:35 am	3603.0629.344
	2	ALAC	6:30-7:05pm	3603.0629.345
	2	JFK	10:00-10:35am	3603.0629.346
	2	JFK	11:20-11:55am	3603.0629.347
	3	ALAC	10:00-10:35 am	3603.0629.348
Marlins	3	ALAC	6:30-7:05 pm	3603.0629.349
	3	JFK	10:00-10:35am	3603.0629.350
	3	JFK	11:20-11:55am	3603.0629.351
	1	ALAC	9:20-9:55am	3603.0629.352
	1	ALAC	7:10-7:45pm	3603.0629.353
	1	JFK	10:40-11:15am	3603.0629.354
	2	ALAC	9:20-9:55am	3603.0629.355
	2	ALAC	7:10-7:45pm	3603.0629.356
	2	JFK	10:40-11:15am	3603.0629.357
Barracudas	2	JFK	12:00-12:35pm	3603.0629.358
	3	ALAC	9:20-9:55am	3603.0629.359
	3	ALAC	7:10-7:45pm	3603.0629.360
	3	JFK	10:40-11:15am	3603.0629.361
	3	JFK	12:00-12:35pm	3603.0629.362
	1	ALAC	7:10-7:45pm	3603.0629.363
	1	JFK	10:40-11:15am	3603.0629.364
	2	ALAC	7:10-7:45pm	3603.0629.365
	2	JFK	10:40-11:15am	3603.0629.366
Dragonfish	3	ALAC	7:10-7:45pm	3603.0629.367
	3	JFK	10:40-11:15am	3603.0629.368
	1	ALAC	7:10-7:45pm	3603.0629.369
	1	JFK	10:40-11:15am	3603.0629.370
	2	ALAC	7:10-7:45pm	3603.0629.371
	2	JFK	10:40-11:15am	3603.0629.372
	3	ALAC	7:10-7:45pm	3603.0629.373
	3	JFK	10:40-11:15am	3603.0629.374

